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CONSCIOUS USE OF THE AURA

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It is most important for a student to understand the workings of his own emotional body, as our emotions are always with us. Every time we feel an emotion a vibration is set up in the halo of ethereal matter which surrounds each person - the aura. At the same time color is produced. Thus, when a clairvoyant observes us, we appear to be surrounded by a series of colors constantly in motion, which are the result principally of our emotions. This matter around us looks like colored clouds of light. These colors have a definite meaning and thus, for instance, when the color rose is seen around a person it denotes a feeling of love. The lower emotions are to be seen from the feet to the waist, and produce dark,dense colors. From the waist up the colors become lighter and the material of which the aura is composed appears to be less dense. Each person has a combination of different rates of vibration which is peculiarly his own. The student should aim at having a few steady rates of vibration instead of the many and often jangling emotions which the average person experiences. This is of course achieved by self-control and the proper understanding of the emotional body.

Towards the extremity of the aura the colors become vaguer, but there a most interesting action is taking place. There are certain little valve-like organs whose operation has a constant indrawing and outpouring effect. These, as it were, breathe in and out. They draw new matter in to replace that which has been used up, and vice versa. At

the same time they protect us from outside influences. For instance, when our emotional body comes into close contact with someone in a state of great rage, we draw in some of those strong vibrations, and almost the most insensitive person feels a shock. But due to this valvular action, such an alien emotion would be thrown out, although sometimes the shock when sudden is so great that it upsets a person's equilibrium and thus awakens a responsive emotion. Almost everyone has had the experience of the way one gloomy person can make a room full of people downcast in a short time.

These valves draw in emotions and can sift unpleasant ones out, but are not capable of eliminating them entirely. They cannot alter in any way the emotions we ourselves produce. There is a current belief that a person who is not feeling well often has psychic experiences. The reason for this is that a person in good health has an aura which is somewhat like a wire tightly strung - the whole gives one an impression of springiness. As soon as a person feels unwell, that is, becomes low in vitality, the whole aura appears to droop, the way a sick bird's feathers sometimes do. The valvular action of a person in this state is not powerful enough to fulfill its function completely, and thus the sifting process is neglected and a great many alien emotions are allowed to enter. This is one reason why, when a person becomes very tired, other people seem to get on his nerves - their vibrations come too close to him.

A question which is asked repeatedly is how can a person protect himself from unpleasant contacts. For instance, from the clairvoyant point of view, whenever we enter a crowd, as in a theatre, it is like going into a moving mass of colors, predominantly unpleasant. When we are in a crowd our emotional bodies are already excited because they are in close contact with so much emotional disturbance, and we are therefore apt to become affected by the emotional excitement, or tired out with resisting it.

However, there are two ways by which it is possible to keep our emotional equilibrium. One is to feel a strong emotion of an

uplifting kind, like love, and thus set up within our own aura a definite vibration which by its steadiness will maintain our emotional stability and at the same time definitely throw out alien and less powerful vibrations. And by purposely radiating a stabilizing influence we can calm and perhaps help those close around us.

The second way is to put what is commonly called a shell around one by the power of the will. This is done by imagining a sheet of this subtle material around one and using one's will power when thinking it there. This is only a temporary protective measure and not always advisable. It is after all not especially good to cut ourselves off from the world around us in which we must live.

One of the most important things a student of occultism has to accomplish is to find his own equilibrium, emotionally as well as mentally, as only after we have found our own center of peace can we get into touch with our higher self and the things of the spiritual worlds. This process is not easy, as most of us are behind prison walls of our own making - those of prejudice and emotional narrowness and dryness. What we all need is to get free of the walls around us, and this we can only do ourselves.

One of the simplest ways is to enlarge our emotional bodies, as they are very elastic. The way to do this is of course by developing emotion within us. The easiest and yet most powerful emotion we can feel is that of love. Whenever I use the word love I want it understood that I do not mean a sickly sentimental feeling. To me love is the greatest power we all have potentially within us; it is the power of our own soul. Also love has a most powerful vibration; it can be as steady as that of the pendulum of a clock. It thus has the ability to calm our less pleasant feelings and at the same time to enlarge our fluidic emotional bodies more than anything else. If we have practiced this feeling for such a length of time that we have really mastered and can direct it, the result is that the coarse matter in our auras becomes replaced by the finer, and thus as a whole we become more sensitive to

the spiritual world around us.

It would be well for a person who desires to develop this emotion to try to feel love toward the person for whom he entertains the highest regard, and to have at the back of his mind the thought of trying to push out the extremities of his aura. Anyone who really feels love and does so regularly can be certain that it will have the effect of enlarging his aura considerably. The really great difficulty every beginner has is that of distinguishing between really feeling love and just thinking love with the mind. It is the first that we are after. But practice makes for perfection, and anyone who feels deeply has a sensation of expansion around the heart.

By achieving a larger emotional body we have more room to move in and break away from old associations; by doing this we develop power within ourselves as well as giving ourselves equilibrium. And thus it is possible to centralize our powers and find our own center of peace and happiness which is necessary before any meditation can be successfully attempted. The effect on our daily life will be that of a feeling of freedom and happiness.

One of the first results that comes from enlarging the sphere of our emotions by the method just described is that it will be possible to help the people around us more effectively. If, for instance, someone is in a state of emotional disturbance, we can very definitely help him by feeling love strongly, and, as his aura is in touch with ours, we will have the power to calm his emotions. For love has a very steady vibration or beat, which will beat down by its force unruly, uncontrolled emotions and vibrations. This is a more direct method than that of sending kind thoughts.

After persistent thinking in terms of our emotional body and helping it along, we notice a big difference in our daily life. For, after expansion has been achieved, another interesting phenomenon occurs - slowly the matter of our emotional body will change its texture. The dense matter of our lower emotions gets shifted around and becomes lighter in color as well as in density, and

the same change, but more marked, occurs in the higher emotional matter. Thus self-control becomes automatic and much easier, and we become more balanced. Another effect is that we become much more in harmony with the invisible world around us and thus are more sensitive to what goes on around us. One of the first resulting sensations will be that we stop feeling ourselves only in the physical body and become conscious of ourselves as being also just outside. We will become in a small way as conscious of our auras as we are now of the physical form.

This can be utilized in broadening our experience. Most of us are dull because of our living so much in our small sphere. It is necessary to experience and contact life around us. Use of the aura enables us to realize that outside in Nature, in simple trees and flowers, life is being experienced. Thus by accord with that great energy, our own life becomes vital and interesting. So many people have a sentimental, mental conception of the unity of life. This does not seem to produce tangible results in their lives. It is not that which is wanted, but a kinship of the power in us with that in a tree, for instance. A tree has personality, it has something to give. When we perceive this we are in a state of expansion; we have experienced something valuable. It is one way of coming in touch with life, and will always renew our own energies. From contact with these and other beings everywhere in Nature, we discover that we need never lack friends.

It is often amazing to watch how this power of getting impressions from the outside, as it were, almost takes the place of clairvoyance sometimes. Some people get certain sensations, and a series of mental pictures then comes before them. This is not objectively seeing things, but more feeling them with the emotional body, but nevertheless accurately. It is a reaching out with the emotional body and a contacting of beings or objects in the invisible world and getting in touch with their vibrations. One makes, as it were, a deliberate effort to stretch one's emotional body to its limit. This has the effect of opening up the valves

at the surface of the aura much wider than normally, and thus we touch a great many more vibrations of other people or things than usual. With practice one gets a sensation of the person very clearly. Blind people by this means often get a complete idea of the person before them.

With this expanding process, meditation should not be neglected. The important thing in meditation is not to have a vague goal before one, but a definite one. To feel a sort of good and friendly feeling is not meditation. It is important to enjoy doing it, but the aim of it all is self-knowledge and thus development of the power within ourselves. The object is service. One way is first to expand, and any person who has succeeded in doing this will find naturally his consciousness centered in the heart, because he has gathered his forces in the heart center. After this he should make the effort of withdrawing himself into his own highest self. The easiest way at first is to think of an experience which we all have had, in a moment of emergency, of feeling sudden power sufficient to meet any eventuality, as if someone great were directing us. As we get back that feeling and think "That am I," and really feel we are that Power, something new develops within us. New experiences of fulness follow, and whenever thereafter we are in trouble we can withdraw within ourselves and view life from this different standpoint.

I realize that the foregoing may seem indefinite and insubstantial to a certain type of reader, but for the specially mental individual it is the best that we can do in brief form in writing to convey a familiar and genuine experience. All efforts to convey instruction about personal development are inevitably handicapped by the coldness of the written page. But if the reader will ponder over and try out what has been said, he will discover that it is a definite program involving actual and vivid experience along new lines.

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